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Essay #1

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A Healthy Eating Program

A lot of people in this world are seeking wealth. They spend hours working every day; committing themselves to their work, aiming for promotions and higher pay. The entrepreneur and business people have the common objective of earning more money, and always thinking of how to earn more money. No doubt money is important, but health is more important. The ability to work, waking up early in the morning, and maintaining the drive to work is all due to good health. The most important thing for healthy living is healthy eating.

Balanced eating habits provide nutrients to the body. Nutrients give energy and it keeps the heart beating strong. The brain will be active and the muscles will be working. Nutrients also help build and strengthen bones, muscles, and tendons. In addition, eating in moderation lets people have all the foods that their body needs. Eating healthy meals and a balance diet, helps ensure that the body will get all the nutrients the human body needs.

Healthy eating can lower the risk for diseases, such as heart attacks and strokes. Healthy foods can help to prevent and treat diseases. Eating more fruit and vegetable as part of a heart healthy diet can help lower blood pressure. Eating more fruits and vegetable and less saturated fat may lower the risk for cancer and heart disease. Also, the body needs a lot of calcium and vitamin D for strong bones, and vitamin C can protect the body against the flu.

Healthy eating can help to manage certain diseases. Healthy eating can help to control the blood sugar and prevent or reduce the complications of diabetes. Eating foods that are lower in saturated and trans fat will lower the cholesterol. Watching the diet is a good way to lower the blood pressure. In Sedate Magazine the writer Abber Albaker said it is good to eat “eight to ten servings of fruits and vegetables and eating three serving of low-fat dairy product each day”.

Healthy foods play major roles in the structure and function of the body. What people eat affect their health. When people don’t watch their diet, their health faces problems. Good health enables to perform the daily functions of life. Also, it helps to achieve the goals and to enjoy life.